

Self-Compassion

Daily Journal Workbook

One Thing I Will Commit To Doing Today To Practice Self-Compassion:

List Any Potential Barriers to Practicing Self-Compassion Today

What Actions Can You Take to Address These Barriers?

3 Boundaries I Can Set Today Are? What Do I need to Say "No" To?

If My Body Could Tell Me One Thing Today, It Would Say...

"Why" Reminder: Why is Practicing Self-Compassion Important To You?

Mindfulness is important. Practice Mindfulness by pausing 5 times throughout the day to check-in with yourself. Place a check below for each time you pause and tune inward.

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| 1. | 2. | 3. | 4. | 5. |
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